



We'll welcome autumn by sitting together during the morning hours, beginning at 5:30 and ending by noon, when we'll have cookies and tea together in the living room. The day will feature periods of sitting (*zazen*) and walking (*kinhin*), a Dharma talk at 10 o'clock, and morning chanting service as well as some brief temple cleaning (*soji*). Our style is quite mild, so no one needs to fear that the day will be too difficult, and retreats such as we have at [Hartford Street](#) provide a great opportunity just to settle more deeply and quietly into our practice of Buddha's Way. A simple breakfast will be served, but to join the meal you must sign-up ahead-of-time, either by sending email to hszc108@yahoo.com, or leaving a phone

message at (415) 863-3507. We are asking for a donation of \$15 from non-members, and \$10 from members, but no one will be turned away because of lack of funds. Everyone is welcome.